

GLOSSARY OF CANNABINOID RELATED TERMS

A

Activated: Referring to a product that has undergone decarboxylation or the heating of cannabinoids to transform them from their naturally occurring acid form to an 'activated' non-acid form.

Adult Use: Any use of cannabis by adults, whether for medicine, pleasure, religious purposes, or otherwise. Incorporated in some legislation such as the California Adult Use of Marijuana Act. Also known as Recreational Use.

Alice B. Toklas: 1. Alice B. Toklas (1877–1967) was author of an autobiographical book, The Alice B. Toklas Cookbook, first published in 1954, which includes a recipe for "Hashish Fudge." 2. A slang name for a cannabis edible

April 20: (4/20) International day for cannabis pride, See also 420

Aroma: "Aroma" is a term used to describe the general smell and/or taste of a certain plant or flower. Because consumers' individual definition of aromas (such as "earthy," "skunky," or "citrus") can differ somewhat, aroma descriptions are meant as a basic guideline

B

Butane Hash Oil (BHO): This cannabis extract is created using butane as a solvent. This concentrate comes in a wide range of forms including oil, shatter, live resin, or wax. Find more information about CBD extraction methods here.

Bioavailability: The bioavailability generally refers to the effectiveness of a specific ingestion method. Specifically, this is measured as how quickly and what percentage of a product which is absorbed into the bloodstream for use by the body. Read more in our article that outlines CBD product usage methods.

Blended Spectrum: This term refers to the cannabinoid profile of a CBD product. Blended spectrum products include both raw, non-activated cannabinoids as well as activated cannabinoids. More information can be found in the spectrums section.

Blunt: A cigar filled with cannabis often mixed with tobacco

Bong: A water filter for smoking cannabis

Brownie Mary: In California, before medical marijuana was legalized by voters in 1996, Mary Jane "Brownie Mary" Rathbun (1922–1999) who was arrested three times for baking cannabis brownies using her Social Security to buy ingredients and cannabis that was donated, giving them away free to AIDS and cancer patients, was able to successfully defend herself in court, arguing that medical necessity outweighed the reprehensibility of her actions

Bud: The part of a cannabis plant that is consumed for its psychoactive properties

Budtender: A point of sale employee of a cannabis retail dispensary.

Broad Spectrum: This term refers to the cannabinoid profile of a CBD product. Broad spectrum includes a range of cannabinoids but does not include THC. These products can be made by removing THC from a full spectrum extract or by adding additional cannabinoids to an isolate. More information can be found in the spectrums section.

Buzz: Slang name for a pleasant euphoric effect of cannabis

C

Cannabidiol (CBD): CBD is one of over 100 cannabinoids found in the cannabis plant. This phytocannabinoid is one of the most abundant in the plant. There are a wide range of medical uses and suggested benefits for the compound. Cannabidiol are derived from cannabis or synthesized. CBD is under evaluation for its anticonvulsant properties, among other therapeutic uses. CBD has very low affinity at the cannabinoid receptors, type 1 (CB1) and type 2 (CB2), and is not psychoactive.

THC: Δ^9 -Tetrahydrocannabinol, a major phytocannabinoid derived from cannabis, is thought to be the pharmacologically most active cannabinoid of the cannabis plant, largely responsible for its psychoactive properties due to its agonist activity at CB1 receptors (behavioral, cognitive, and psychotropic effects)⁷

CBDV: Cannabidivarin, a variant of CBD with some animal evidence supporting anticonvulsant and other effects under investigation²²

THCV: Tetrahydrocannabidivarin – structurally similar to THC, it is an antagonist at CB1²³

THCA: Δ^1 -Tetrahydrocannabinolic acid, the most abundant cannabinoid in cannabis bred for recreational use; as a nonpsychoactive precursor of THC, THCA converts to THC when heated (to temperatures greater than those found in the human body) or smoked²¹

Cannabinoid: A class of diverse chemical compounds found in the cannabis plant. These cannabinoids interact with the cannabinoid receptors found throughout the body and brain and alter neurotransmitter release.

Cannabinoid Profile / Cannabinoid Spectrum: Referring to the amounts of various cannabinoids found in a cannabis extract. More information can be found in the spectrums section.

Cannabis: Cannabis is a genus of flowering plants in the Cannabaceae family. The plant is commonly classified by species (sativa or indica) or by classification (marijuana or hemp). More information on Wikipedia.

Cannabis Industrial and Home Products: Non-psychoactive industrial hemp products, including: cannabis flower essential oil, canvas, hempcrete, hemp hurds, hemp jewelry, hemp juice, hemp milk, hemp protein, hemp seed oil

Cannabis Refugee: A term, primarily used in the United States and Canada, referring to people who have moved from one location to another due to cannabis prohibition laws, motivated by a desire to have legal access to cannabis to treat medical conditions for themselves or their family, or to legally consume cannabis for any other reason

Cannabinoid Receptors: Cannabinoid receptors are part of the endocannabinoid system. These receptors are found in two types (CB1 & CB2) throughout the brain and body.

Cannabinoid Receptor Type 1 (CB1): CB1 is a G protein coupled receptor found throughout the body. These receptors are primarily concentrated in the spine and brain. These receptors play a role in memory, emotion, and are also found in nerve endings where they act to reduce pain.

Cannabinoid Receptor Type 2 (CB2): CB2 is also a G protein coupled receptor found throughout the body. These receptors are primarily found in the peripheral nervous system. When activated, these receptors work to reduce inflammation.

Cannabichromene (CBC): One of the 'big six' cannabinoids found in cannabis. Just like CBD and THC, CBC stems from cannabigerolic acid (CBGA). This compound carries a number of potential health benefits.

Cannabichromenic Acid (CBCA): The acid form of CBC.

CBD Extract: This is a thick, oily substance extracted from hemp. This extract contains cannabinoids, terpenoids, and other plant materials. A CBD extract will be high in CBD and low in other cannabinoids like THC. The levels of each of these components are influenced by the hemp source, extraction method, and further processing methods. More information can be found in our product type section.

CBD Isolate: An isolate is a crystalline powder form of the single CBD molecule created by further processing an extract to remove other cannabinoids, terpenoids, and plant materials.

CBD Oil: A term commonly used to generally describe CBD products, often tinctures. Specifically, CBD oil is an extract itself, or an extract/isolate added to an oil carrier. Again, these are most commonly consumed sublingually as a tincture.

Cannabigerol (CBG): A lesser known cannabinoid occurring in small amounts in cannabis. This cannabinoid has shown a number of promising potential benefits including decreasing inflammation, inhibiting the growth of colorectal cancer cells, acting as an effective antibacterial agent and more.

Cannabigerolic Acid (CBGA): The precursor to three major cannabinoids - tetrahydrocannabinolic acid (THCA), cannabidiolic acid (CBDA), and cannabichromenic acid (CBCA).

Cannabinol (CBN): A lesser known cannabinoid occurring in small amounts in cannabis. Known for its potential benefits around pain relief and sedative effects.

Certificate of Analysis (COA) – a certificate/report provided by a testing facility as verification that certain tests were performed, as well as their results. Often contains potency tests, heavy metals tests, solvent tests, and/or terpene tests. Also referred to as Third Party Tests

Charlotte's Web: A high-CBD, low-THC, relatively non-psychoactive medical cannabis extract, developed in Colorado, named after Dravet syndrome patient Charlotte Figi. The name Charlotte's Web is banned in Oregon for its association with a children's book of that title.

Clone: This refers to a clipping from a cannabis plant, which can then be rooted and grown through a cloning process of the mother plant, from which the clone was cut

Cola: Topmost flower bud on a cannabis plant

Compassionate Investigational New Drug program: After Robert Randall became the first person to successfully use a medical necessity defense when he was charged with illegal possession of cannabis to treat his glaucoma, he filed a federal lawsuit, *Randall v. United States*, in 1976, resulting in the federal Compassionate Investigational New Drug program being established, under President Jimmy Carter, in 1978. At the program's peak, fifteen patients received cannabis. 43 people were approved for the program, however 28 of the patients whose doctors completed the necessary paperwork never received any cannabis and, under the Bush administration, the program stopped accepting new patients in 199

Concentrate: A concentrated form of cannabis extract often known by another name like wax, shatter, or extract. Often used via dabbing.

Controlled Substances Act: U.S. federal law enacted by President Richard Nixon in 1970 to replace Harry Anslinger's 1937 Marihuana Tax Act that was ruled unconstitutional by the Supreme Court. The Controlled Substances Act created a list of five Schedules, and placed cannabis alongside codeine and heroin in Schedule I, the most restrictive classification

D

Dab: Slang name for hash oil, a resin extracted from cannabis

Dabbing: Vaporizing a concentrated form of a cannabis extract by placing it against an extremely hot surface and inhaling the vapors produced.

DEA or Drug Enforcement Administration: U.S. federal agency formed in 1970 by the establishment of President Richard Nixon's Controlled Substances Act. The organization is criticized for being unaccountable to any authority, and for self-serving acts including blocking the removal of cannabis from Schedule

DEA-Drug Scheduling: Drugs, substances, and certain chemicals used to make drugs are classified into five distinct categories (or schedules) at the federal level by the DEA; these depend upon the drug's acceptable medical use in treatment in the US, their relative abuse potential, and the likelihood of causing dependence when abused. Schedule 1 is the most restrictive designation.

Decriminalization: The lessening of criminal penalties in relation to consumption of cannabis, reflecting changing social and moral views

Decarboxylation: The process where naturally occurring acid-form cannabinoids are heated to remove a carboxyl group. This process is as simple as smoking marijuana or heating cannabis in the oven. Temperatures of 200+ degrees Fahrenheit must be used. This form of 'decarbing' or 'activating'

is used in marijuana and hemp in order to activate the cannabinoids so they may freely bind to the cannabinoid receptors in your body and brain.

Delta 9 THC: Tetrahydrocannabinol (Delta-9 THC) Commonly shortened to THC, this cannabinoid is the famous high-producing substance in marijuana. In addition to producing a euphoric high, this compound also has been shown via research to carry numerous potential health benefits. See also THC

Dispensary: Dispensary is a general term used to refer to any location where a patient or consumer can legitimately and safely access cannabis, whether the business is technically an access point, pick-up location, co-op, collective or any other version of a legal cannabis distributor

E

Edible: A food or drink containing cannabis related products.

e-Liquid / e-Juice / Vape Juice: These liquids are used in vaporizers. They are vaporized via heating to 200+ degrees Fahrenheit and inhaled.

Endocannabinoid System (ECS): The ECS is a biological system which serves a variety of physiological functions including emotions, pain, memory, and appetite. It is the communication system within the brain comprising identified cannabinoid receptors, the endocannabinoids that target the receptors, and the downstream effects. Endo stands for endogenous or originating within the body.

Entourage Effect: This effect is the increased benefits provided by ingesting the various cannabinoids and terpenoids found in the whole cannabis plant together. This is opposed to ingesting a single compound alone.

Extract: An extract is an oily substance derived from cannabis which includes plant materials, waxes, fatty acids, cannabinoids, and terpenoids. This extract can be consumed directly or used as a base ingredient to create other product types.

Extraction: The process by which one of several available extraction methods are used to create an extract from the cannabis plant.

F

Farm Bill: See Hemp Farming Act of 2018

Feminized: Feminized plants come from seeds that have been selectively bred to produce only female plants. Since female plants are the ones that produce flowers (which is where most of cannabis' cannabinoids are found), they are the only ones that are used to create marijuana products. Feminized seeds are intended to make things easier for growers by eliminating the need to determine the sex of growing plants and remove males early on to prevent fertilization. Generally, feminized seeds produce the same quality of plants as naturally produced seeds

Flowering Time: Flowering time refers to the time it takes for a plant to produce mature flowers. Cannabis flowering times are affected by the length of daily exposure the plant receives to sun (with

the exception of the *Cannabis ruderalis* species, which flower automatically). When flowering times are reported for a strain, they are general estimates based on how the plants do on average in optimal conditions. Actual flowering times will vary, and it is up to the grower to decide when to harvest for maximum benefit.

FDA-Approved Medication: A designation granted by the Center for Drug Evaluation and Research after rigorous placebo-controlled studies to guide correct dosing, safety, and efficacy of new compounds for medical use.³⁷ Demonstration of product consistency is also required for FDA approval.

Full Spectrum: Referring to a cannabinoid spectrum containing a full range of cannabinoids in relation to what is commonly found in hemp.

G

Ganja: Hindi word for cannabis.

Gateway Drug: Disproved theory that cannabis use leads to use of potentially-deadly, dependence-forming substances such as alcohol and barbiturates, or heroin.

Grass: A slang word for cannabis

Green Closet: A state of fear for some people secretly using cannabis

H

Harry Anslinger: The head of the U.S. Bureau of Prohibition when alcohol prohibition was repealed in 1933, Harry J. Anslinger (1892–1975) was the founding commissioner of the Federal Bureau of Narcotics which is credited for the 1937 Marihuana Tax Act criminalizing cannabis. The Marihuana Tax Act was ruled unconstitutional by the U.S. Supreme Court in 1969, but was replaced with the Controlled Substances Act

Hash: Shortened name for hashish

Hashish: An extracted cannabis product made from resin

Hash oil: A resin extracted from cannabis or hashish

Head Shop: A retail outlet specializing in paraphernalia and items related to cannabis culture

Hempfest: Any of several annual cannabis pride demonstrations held in cities around the world

Hemp: A type of cannabis bred as a fibrous material for use in a wide variety of applications. Hemp contains a low THC content. Hemp is often grown outdoors and is able to be grown in most climates.

Hemp Juice: A non-psychoactive drink cold-pressed from cannabis leaves and flowers

Hemp Milk: Plant milk made from cannabis seeds

Heirloom: An heirloom refers to a cannabis strain that was taken from its native homeland and propagated in another geographical location.

High Times: An American monthly cannabis rights magazine founded in 1974 for the Yippie Underground Press Syndicate

Hit: Act of smoking, or vape-ing, a puff of cannabis or cannabis extract

Hemp Oil: This is a broad term used to describe an oil created from hemp. This could mean hemp seed oil, or a CBD extract suspended in a carrier oil. As a consumer, you should dig deeper beyond this term to discover what is actually in the product you are purchasing. More information can be found in our article CBD Oil vs Hemp Seed Oil.

Hemp Seed Oil: This is an oil extracted from the seeds of a hemp plant using a cold expeller-pressed method. This oil is not the same as an extract. It does not contain cannabinoids and instead is a highly nutritious food source packed with Omega 3 & 6 fatty acids, amino acids, fiber and more. More information can be found in our article CBD Oil vs Hemp Seed Oil.

The Hemp Farming Act of 2018 A proposed law to remove hemp (defined as cannabis with less than 0.3% THC) from Schedule I controlled substances and making it an ordinary agricultural commodity. Its provisions were incorporated in the 2018 United States farm bill that became law on December 20, 2018.

I

Industrial Hemp: This is a type of hemp grown in the USA under the 2014 farm bill. By legal definition, this hemp must contain less than 0.3% THC by dry weight.

Indica: Indica is the less scientific name for the Cannabis indica species of cannabis. Generally these plants originated in the Middle East and Asia and include both of the famous kush and Afghan lineages. Compared to their sativa counterparts, the plants are shorter, bushier and have more compact flower structure. This species tends to produce more relaxing physical effects and can have a sedative quality.

J

Jack Herer: 1. Cannabis rights pioneer Jack Herer (1939–2010) who ran for U.S. President in 1988 and 1992, was author of The Emperor Wears No Clothes: Hemp & The Marijuana Conspiracy, first published in 1985. 2. A classic trade name for several medical cannabis strains

Joint: A cannabis cigarette

Jury Nullification: The power of a trial jury to reach a not guilty verdict, regardless of evidence and judge's instructions, because of a disagreement with the law, including the belief that a law is unconstitutional or inhumane, or disapproval of the punishment

K

Kind: Word describing high-quality cannabis, or anything related to cannabis culture

Kush: A subset of indica varieties of cannabis bred from descendants of strains originating in the Hindu Kush mountain range of Afghanistan, India, and Pakistan

L

Leary v. United States: 1969 U.S. Supreme Court ruling that unanimously declared the Marihuana Tax Act of 1937 to be unconstitutional. Prohibition of cannabis continued under Nixon's 1970 Controlled Substances Act, which placed cannabis in Schedule I, prohibiting all uses

Legalization: The process of removing the legal prohibition against cannabis

Live Resin: Extracted fresh cannabis that is kept at freezing temperatures through the entire process, rather than dried

M

Marijuana: A type of cannabis bred for high-THC content for recreational or medical use. Marijuana is grown under precise environmental conditions, often indoors. A slang word for cannabis, the legal name in some jurisdictions

Marihuana Tax Act: 1937 U.S. law that prohibited cannabis for the first time, and was ruled unconstitutional by the Supreme Court in 1969 and replaced with President Nixon's Controlled Substances Act

Marijuana Refugee: See Cannabis Refugee

Marinol: A synthetic cannabinoid, tetrahydrocannabinol (THC), also called dronabinol, produced by Insys Therapeutics and Solvay Pharmaceuticals, sold legally in the United States under Schedule III of the Controlled Substances Act, though natural THC is banned under Schedule I

Mary Jane: A slang name for cannabis

Medical Cannabis: Cannabis used as a drug for medical purposes, legally named marijuana or marihuana in some jurisdictions

Microdosing: The act of dosing small, frequent doses over a long period of time as opposed to one, large dose.

N

non-Activated: Referring to a product that contains the raw acid-form cannabinoids. This is because the product has not undergone decarboxylation or the heating of cannabinoids to 'activate' them.

NORML: The National Organization for the Reform of Marijuana Laws, an American non-profit cannabis rights organization founded in 1970 by Keith Stroup with a grant from the Playboy Foundation.

O

OG: OG is a term that's now used to describe many strains, though the term originated to describe Southern California's Ocean Grown Kush, which was quickly shortened to OG Kush. OG Kush grew

quickly in fame and reputation. Most OGs are different variations of the original OG Kush genetics or are also ocean grown on the West Coast

Oil: an oil-based product used sublingually or orally.

Oral: – a consumption method that entails you swallowing the product (commonly Capsules, Gummies, Pills).

P

Paraphernalia: 1. Any material related to cannabis culture. 2. Equipment or accessories used for growing, consuming, or concealing cannabis. See also Head Shop

Phytocannabinoid: The formal name of cannabinoid. Phyto as a prefix simply means 'derived from plants', describing the natural source of cannabinoids.

Over 100 naturally occurring chemicals found in the cannabis plant with a chemical structure related to endocannabinoids.²⁰ The most well-characterized, so far, are described below:

CBD: Cannabidiol, one of the major cannabinoids derived from cannabis or synthesized. CBD is under evaluation for its anticonvulsant properties, among other therapeutic uses. CBD has very low affinity at the cannabinoid receptors, type 1 (CB1) and type 2 (CB2), and is not believed to be psychoactive.

THC: -Tetrahydrocannabinol, a major phytocannabinoid derived from cannabis, is thought to be the pharmacologically most active cannabinoid of the cannabis plant, largely responsible for its psychoactive properties due to its agonist activity at CB1 receptors (behavioral, cognitive, and psychotropic effects)

CBDV: Cannabidivarin, a variant of CBD with some animal evidence supporting anticonvulsant and other effects under investigation

THCV: Tetrahydrocannabidivarin – structurally similar to THC, it is an antagonist at CB1

THCA: Δ^1 -Tetrahydrocannabinolic acid, the most abundant cannabinoid in cannabis bred for recreational use; as a nonpsychoactive precursor of THC, THCA converts to THC when heated (to temperatures greater than those found in the human body) or smoked

CBD-Rich (sometimes referred to as “Enriched”) Extracts. Preparations from cannabis plants that are higher in CBD than plants bred historically for recreation. The term “enriched” is often used inappropriately.

Pistil: Pistils are part of a female plant’s anatomy. On cannabis, it’s identified as the little hair-like extensions on the flowers that range in color from white to red to darker orange-brown. When plants are going to be fertilized, the pistil acts to collect the male pollen. When plants are left unfertilized, as in the case of marijuana, the pistils change and can be indicators of plant ripeness.

Q

R

Raw Spectrum: Is the definition of a cannabis extract containing only non-activated acid form cannabinoids. This extract is can be added to full spectrum, broad spectrum, or isolates to create new spectrums. More information can be found in the spectrums section.

Recreational Use: See Adult Use

Reefer: A slang word for cannabis, possibly derived from reefing, or rolling up a canvas sail

Rick Simpson Oil (RSO): A home-made oil made from cannabis using an alcohol extraction method, often extracted from marijuana. This medicine was made famous by a Canadian cancer patient named Rick Simpson.

S

Sativa: Sativa is the less scientific name for the cannabis sativa species of cannabis plant. In general, these plants originated outside of the Middle East and Asia and include strains that are from areas such as South America, the Caribbean, Africa, and Thailand. These strains tend to grow taller as plants (usually over 5 feet), are lighter in color and take longer to flower. When consumed, sativas tend to produce more cerebral effects as opposed to physical and sedative ones

Schedule 1: See DEA Drug Scheduling

Spectrum: A term referring to the levels of various cannabinoids and terpenoids found in an extract or product. More information can be found in the spectrums section.

Stoned: Slang name for being under the influence of cannabis

Strain: Varieties of cannabis bred for medical or industrial applications. Traditional heirloom strains of cannabis and contemporary hybrid varieties vary broadly because terpenes in the essential oils of the flowers, which give the buds their fragrance, and the ratio of cannabinoids, the more than 100 different therapeutically-active compounds, are infinitely variable

Synthetic Cannabinoids: Cannabinoids produced in the laboratory to structurally or functionally mimic the endocannabinoids or phytocannabinoids

T

Terpene: Terpenes are a large and diverse class of organic compounds produced by plants. These compounds are often associated with a specific odor. They are known to produce a wide variety of potential benefits alongside cannabinoids via the entourage effect.

Terpenoid: A modified form of a terpene. Practically speaking they are a dried hydrocarbon form of a terpene.

Terpene Profile / Terpene Spectrum: The terpene contents of a CBD extraction or product. More information can be found in the spectrums section.

Terpsolate: A type of product created by combining a CBD isolate and terpene extract.

Tetrahydrocannabinolic Acid (THCA): The acid form of THC, THCA is a non-psychoactive compound. This compound's potential benefits include anti-inflammatory properties, neuroprotective properties and more.

THC: THC is an abbreviation for tetrahydrocannabinol. It is the most well-known and most abundantly available cannabinoid in marijuana plants. THC is also the component in marijuana that is responsible for the psychoactive effects, or the “high.” See Delta 9 THC

Third Party Lab Report: – see “Certificate of Analysis” (COA) above.

Tincture: Traditionally used to describe alcohol-based products, but now used to describe even oil-based products. Typically used sublingually or orally.

Topical: A product or method that requires you to apply the product to the skin topically. Does not get into bloodstream.

Transdermal: A product or method that requires you to apply the product to the skin. Does get into the bloodstream. Contains special permeability enhancers.

U

Underground Economy: Black market or shadow economy created by cannabis prohibition. The illicit cannabis market is estimated to be worth billions per year worldwide. However, the size and extent of the illegal black market cannot be fully gauged due to its clandestine nature

V

Vape or Vape-ing: Act of consuming the active ingredients in cannabis by vaporizing dried flowers or cannabis extracts

Vaporizer: A device for smokeless vaporizing and consuming of cannabis or cannabis extracts

W

Water Soluble CBD: A form of CBD that is water soluble made by using glycerin, nanoemulsion or liposomes. This type of CBD is more bioavailable than oil-based products.

Wax: A form of CBD extract concentrate. Consumed via dabbing.

Weed: A slang word for cannabis

Whole Plant: Concept implying that products derived from the entire cannabis plant may be better than the individual cannabinoids isolated from it (eg, purified CBD-only formulas)

X

X-ray eyed: Extremely under the influence of cannabis

Y

Z

Zero Tolerance: Policy of imposing strict punishment for cannabis law violations, which has been criticized because it forbids discretion regarding individual culpability, history, and extenuating circumstances. Zero tolerance policies in schools are said to contribute to a school-to-prison pipeline in the United States

420: Slang for cannabis. Uncertain origin, but the most commonly reported story is that a group of students in Northern California would meet after class at 4:20PM to smoke.

710: A slang name for hash oil, the word OIL flipped upside-down.

World Canna Health